

SHOWING COMPASSION

Monday: Paint a rock, write a fun message or draw a picture on it. Once it's dry, hide it for someone to find.



Tuesday: Write a letter or draw a picture and give it to a friend, parent, brother or sister.



Wednesday: Offer to help clean around the house.



Thursday/Friday: Create or print your own Kindness Bingo board and try to get a Bingo!

RANDOM ACTS OF KINDNESS

No act of kindness, no matter how small, is ever wasted!

THREE IN A ROW – Put an X on the acts of kindness you complete to make three in a row.

Hold the
door
open for
others

Tell
someone
they're
awesome!

Help
someone
in need

Donate a
few of your
unused
toys

Write a
letter to a
loved one

Pick up
trash at a
local park

Draw a
picture for
someone

Make
someone
smile

Give
someone
you love a
big hug